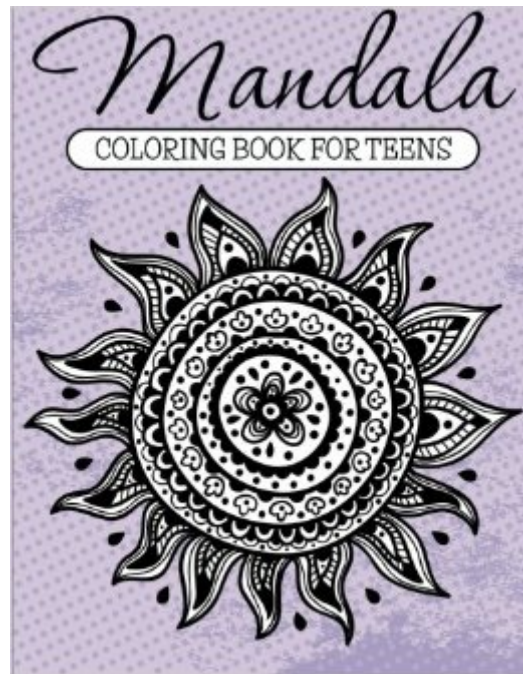


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# Mandala Coloring Book For Teens



## Synopsis

The Mandala trend is quickly catching on teenagers! Coloring Mandalas is believed to be directly associated to the promotion of good health and aids in relaxation. The haunting thoughts and stress that easily attach to teens are made quite by the need to fill simple to complex designs with colors. Give this to your teenagers to help them find peace within themselves.

## Book Information

Paperback: 46 pages

Publisher: Speedy Publishing Books (April 7, 2015)

Language: English

ISBN-10: 1681457296

ISBN-13: 978-1681457291

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #237,170 in Books (See Top 100 in Books) #52 in [Books > Children's Books > Activities, Crafts & Games > Activity Books > Coloring Books](#) #170 in [Books > Arts & Photography > Drawing > Figure Drawing](#) #1656 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups](#)

## Customer Reviews

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size for adult coloring. Adult coloring has become a very popular activity in recent years, as people have realized that it helps tremendously with cognitive development of the brain. Adult coloring can help with issues such as PTSD, Alzheimer's, reducing anxiety, and help calm and relax the mind. These books offer complicated and detail oriented designs that allow the mind to settle into a meditative state--regardless of if you are just someone who enjoys art, need some stress relief, or simply misses some of the more enjoyable aspects of childhood, these are excellent options and very affordable. Disclosure: I received this product for free or on a promotional discount for my honest review and they are 100% my own opinions. However your own opinion might vary. I received no monetary compensation and I am not required to give a good review. This disclosure is in accordance with the Federal Trade Commissions Guidelines on Testimony and Advertising. I try to do my reviews honest with the pros and cons I can see myself in a product, with facts that a potential customer might find useful. If my review was helpful to you, would you please vote yes.

My new addiction is coloring books, helps me calm down, helps me relax, and for awhile just escape from life. My imagination is allowed to be as wild as I want, or as pretty or happy or sad, no matter my feeling, I can make the pages just mine. The best part is that with each new book, I find new ideas for colors, or textures. Easy to take with me when we camp. Glad I found these coloring books for adults and kid. Kids shouldn't have all the fun.

Great designs! Some of the designs reminded me of Snowflakes, also some reminded me of Native American designs, and Kaleidoscope designs. In this book you don't get the same type of images over and over again. These would be so fun to color, mostly because you could use so many different colors! No matter what color or how many colors you use, there is no wrong way. Everyone gets a chance to be creative and unique. Even if your not an Artist these pictures would turn out very Amazing!

I loved the pictures in this book, even though it was free, to get the kind of printing paper you need to print them out and the ink cost. It's cheaper to just buy a physical book.

Was given as a preview of a book not the book itself so it's hard to say how big or clear the pictures are but the designs look nice

You can just meditate coloring this book, and you can use any material and take your art to any

label do you want

All mandalas for coloring. From simple designs to very detailed and complex, this sample book will keep you busy.

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